

**The Christian Bible Reference Site**  
**What Does the Bible Say About Suicide and Depression?**

**The Bible**

**The Bible mentions several instances of suicide (Judges 16:29-30, 1 Samuel 31:4-5, 2 Samuel 17:23, 1 Kings 16:18, Matthew 27:3-5), but it does not give any specific teachings about suicide. However, several passages indicate life is given by God and only God has the right to take it away. For example:**

**"I came naked from my mother's womb," he said, "and I shall have nothing when I die. The Lord gave me everything I had, and they were his to take away. Blessed be the name of the Lord." (TLB, Job 1:21)**

**More specifically, God has given life to each of us to do his work on Earth. Our bodies belong to God, not to ourselves. So, it is up to Him to decide when our work on Earth is finished, not up to us:**

**Haven't you yet learned that your body is the home of the Holy Spirit God gave you and that he lives within you? Your own body does not belong to you. For God has bought you with a great price. So use every part of your body to give glory back to God because he owns it. (TLB, 1st Corinthians 6:19-20)**

**Often, the hard times in our lives, when things may seem hopeless, are opportunities to learn valuable lessons such as humility, dependence on God, the value of prayer, or to learn how to help others who are suffering. In times when things seem the worst, we can be sure that God loves us more than ever:**

**Are not five sparrows sold for two pennies? Yet not one of them is forgotten by God. Indeed, the very hairs of your head are all numbered. Don't be afraid; you are worth more than many sparrows. (NIV, Luke 12:6-7 )**

**"For everyone who asks receives, and he who seeks finds, and to him who knocks it shall be opened. "Or what man is there among you when his son shall ask him for a loaf, will give him a stone? "Or if he shall ask for a fish, he will not give him a snake, will he? "If you then, being evil, know how to give good gifts to your children, how much more shall your Father who is in heaven give what is good to those who ask Him! (NAS, Matthew 7:8-11)**

**People often wonder if a person who dies from suicide can be saved and get to heaven, but the Bible does not answer. Most Christians believe what matters most to God is how a person lives his or her life rather than how he or she dies.**

### ***Depression and Other Causes***

***Many thoughts of suicide are associated with the illness of depression. However, schizophrenia, psychotic disorders, substance abuse, or anxiety disorders may also be involved<sup>2</sup>. Depression was not recognized as an illness in Biblical times, so there are no direct references to it in the Bible. But even Biblical heroes like Jacob (Genesis 37:34-35), Job (Job 3:1-11), and King David (2 Samuel 18:33) suffered from depression at some point in their lives.***

***God often uses other people to answer our prayers (Genesis 24:12-16, Ezra 1:1-3, Acts 9:10-17). As with other illnesses, treatment from a healthcare professional is often God's answer to prayers about depression and other mental illnesses.***